

# Heritage Center

## January/February 2015



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

**Heritage Center**  
#10 E. 6150 S.  
Murray UT 84107  
**801-264-2635**  
[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)  
[www.murray.utah.gov](http://www.murray.utah.gov)

### Services Offered

- Arts & Crafts
- Cultural Programs
- Education
- Exercise
- Health Services
- Information & Referral
- Lunch Program
- Recreation
- Socialization
- Transportation
- Travel
- Volunteer Opportunities

### Director's Report—Looking back 35 years

The Heritage Center opened its doors on December 6, 1980, thirty-five years ago. I began my career at the Heritage Center in May of 1983 as the Program Coordinator and wow how time flies when you're having fun! Some of you helped me celebrate my marriage in 1989 and the birth of my two daughters. Rylee was born in 1990 and Savanna Jane in 1993. My husband and daughters are both doing well (one in medical school, one graduating in June) but we don't have son-in-laws or grandchildren yet.

The Heritage Center has changed throughout the past 35 years as well. The idea of the Heritage Center started back in 1971 when AARP Chapter 402 was meeting in a variety of locations throughout Murray. AARP members pushed the idea of a "Senior Center" and in 1978 approval for construction of a Senior Center was given by the Murray City Board of Commissioners. On December 6, 1980 the Heritage Center doors opened for business. The total cost was \$611,465 for the 10,626 square foot building and the 1st Director was Robert R. Madsen. Since that time, the Center has only had 3 Directors. Lori Smith followed Robert Madsen from 1982-2001 and I (Susan Gregory) was promoted in 2001 until present.

The Center received their first staff computer in 1984. I remember the days when I made flyers using rub on letters. Now, I spend most of my time on the computer.

The Center was renamed the L. Clark Cushing Heritage Center in 1987. Clark Cushing had been a 16 year Murray City Commissioner and advocate for recreation and parks in Murray.

In 1989, the Center was expanded by 4,960 square feet adding additional room in the dining area and a recreation wing (conference room, card room, billiard room) on the east end of the building. The expansion cost \$359,800 to build but added much needed space because all of the programs were bursting at the seams. The average meal count back in the 1980's peaked at 114 a day in 1986. That average has changed with the changing interests of participants and now we see increases in exercise, trips, and educational programs. The meal continues to be a valuable program and is currently averaging 65 participants.

A time capsule was buried in 1993 to be opened in 2030 when the Center celebrates 50 years in operation. The contents included a bingo card, Utah Jazz poster, coke bottle, Elvis stamp, and other photos and mementos of the era.

I've run out of room to share more tidbits of history. What will 2015 bring us? I hope you'll be here enjoying the programs and service so you can be part of the experience. Please let me know how I can make the next year as successful as the past 35. I look forward to hearing from each of you. —Susan Gregory/Director

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

## Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at [www.murray.utah.gov](http://www.murray.utah.gov) or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

## Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

### Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

### Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

## Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

## Poetry Time Continues

A new Poetry Time class starts on **Thursday, January 8 at 7:00 PM** and runs through **Thursday, February 12**. Have you ever wanted to learn how to write poetry, better understand poetry, or just have some fun with words? This is the class for you. Bob Bader, who has been writing poetry for the past 20 years and a member of the UTSPS Society, is passionate about poetry and wants to share his skills with you. This is a free class, sign up now.

## Freezer Meal Class

On **Monday, January 12** from **12:30-2:30**, Calli will be teaching an interactive class on freezer meals. You will work with Calli to prepare 4 take home meals for your freezer. A handout with the recipes and instructions is included. The cost is **\$10**. Sign up today. Class is limited to 10 students.

## Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, will start again on **Monday, Jan. 12 at 10:30 and runs through Monday, March 16**. The cost for this 8-week class is \$20 or \$3 per session. Barbara will present in-depth information about how Chakras and Meditation work. She will teach you how to understand your Chakra's and how to heal yourself. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. The word Chakra is Sanskrit for wheel or disk. It signifies one of the seven basic energy centers in the body which are the opening for life energy to flow into and out of your aura. Each of these centers correlates to major nerve ganglia branching forth from the spinal column. The belief is that by aligning your Chakra and practicing Meditation



## Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 7 and one with Windows 8. Computers are available any time a group class is not being held. The Center also has an iPad for checkout to use while at the Center if you'd like to try out a tablet. There is no charge to use the computers but printing is 5¢ per page and users must sign-in and list the computer they are using. Gadget & Computer help is available for one hour and the cost is \$3. Instructors can help with phones, readers, tablets, computers. See the front desk for a schedule of times and instructors. New group classes scheduled: **Basic I** is Tues/Thurs, January 20, 22, 27, 29, 3 at 1:00-2:15 cost is \$15 for 5 sessions. Learn about windows, word processing, and basic techniques. **Email Tips** is scheduled for Thurs/Tues, Feb., 5, 10, at 1:00. Learn how to open attachments, copy, print attachments and have other email questions answered. The cost is \$5 for the 2 session class and you need a current working email.



## Raeanne Stranc-Equity Real Estate

The Center would like to extend a big "thank you" to Raeanne Stranc for providing birthday cake and ice cream for the past eight months. Raeanne is a Professional Senior Real Estate Specialist with Equity Real Estate. She is not your typical real estate agent, as she specializes in consulting clients 50+ with the next phase of their lives, whether it is selling and downsizing, or trying to figure out how to age in place. She is dedicated to helping seniors sell their homes in the most effective way possible and with a marketing plan tailored for her client's specific needs. Raeanne has a team of specialists in their fields to help in making any transition easier. Her team includes: estate lawyers/planners, tax specialists, financial planners, organizers, estate sales companies, handymen, home health companies, and reverse mortgage consultants. If you want to visit with Raeanne, she is available on the first Wednesday of every month while she is serving cake and ice cream. For more information or a private consultation, contact Raeanne at 801-888-4525.

## "Look What I Made" - Snowman Craft



On **Tuesday, January 13 at 1:00**, Susan Callaway will be teaching this Snowman Craft Class. The cost of the class is **\$5** and includes all the supplies. Please come and join the fun, you will make Sammie the Snowman and complete him in one class. Sign up now.

## Watercolor Made E-Z

On **Thursday, January 15- Thursday, January 29 from 3:00-5:00** John Fackrell will be teaching Watercolor Made E-Z. The cost for this 3-week course is **\$30**. You can expect to learn watercolor techniques by watching demonstrations by Mr. Fackrell on the basics of watercolor painting. Watercolors do not need to be stressful; you will learn the easy secrets about painting with watercolors. Each participant will need to bring their own watercolors, brushes (#1 flat #8 round #6 script) and 140 lb. paper. John is the local Art Director at Cottonwood High School; he will make this Water Color Made E-Z so much fun. Space is limited to 10, sign-up starts on Monday, January 5th.

## New Spanish Class

A six-week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, January 16 at 10:00-12:00** and will run through **Friday, February 20**. Cost of the class is **\$25**, in addition you will need a course book, which you can purchase at the front desk for \$12 when you register. Intermediate and advanced students are welcome (*this is not a class for beginners*). We are surrounded by Spanish speaking people; learning basic Spanish skills may help you communicate better with your neighbors, merchants, or when traveling. Mercedes Perez, our Spanish teacher, is an experienced instructor who will help you build and improve your skills. Sign up now.

## Fitness & Nutrition

On **Wednesday, January 21 at 10:30**, Dr. Maurice Baker will be at the Center to share some tips about Fitness and Nutrition. What we eat has been shown to enhance cognition and lessen the chance of Alzheimer's disease. Scientific research shows that nutrition and exercise will optimize our mental and physical function at every stage of life. Dr. Maurice Baker has practiced medicine in Murray for the past 53 years. He will share some of his knowledge about fitness and nutrition during this presentation. This is a free class, sign up now.

## Bereavement Support

The Bereavement Support Group will continue at the Center on a monthly basis. Facilitated by licensed counselors and community educators, this support group will meet at **12:30 on Tuesday, January 13 and Tuesday, February 10**. This group is intended to assist those individuals and families who have lost a loved one recently or in the recent past. On occasion, there may be someone who has lost a loved one some time ago but is still grieving and feeling a need for further assistance. Through the group, we hope to create an atmosphere of trust and support in helping participants realize a sense of relief. Although you may not have suffered the loss of a loved one, you may be experiencing a loss of health, friendship, support, ability or mobility. Our hope is that this support group will assist everyone in understanding the process of loss and the discovery of support in guiding you to a healthier lifestyle. Serenity Funeral Home is sponsoring these classes. This is a free class, sign up now.

## AARP Smart Driving Class



The AARP Smart Driving Class will be held **Monday, January 26 or February 23 from 9:30-2:00**. Sign up at the front desk. The cost is \$15 for AARP members and \$20 for everyone else. The instructor will collect the fee at the start of the class. You make your check out to AARP. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.



## Vital Aging—January & February

**Tuesday, January 27 at 10:30** we will present a new wellness class called: **Life Review and Transitions**. The process of thinking back on our life and then communicating with others to better understand how others feel about those experiences is called a “life review.” As we age, we want to know we have touched others’ lives and understand how others have touched our lives. As part of this class, we will reminisce and reflect and then look at present experiences to help us put our life in perspective. In addition to teaching this class, Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, February 24 at 10:30** our wellness class will be: **Improving Your Sleep**. Do you have difficulty falling asleep or languish through periods of wakefulness when trying to find sleep? Learn what you can do to prepare yourself for sleep, promote a comfortable environment more conducive to sleep, and improve your quality of sleep. As always, Tifani will be at the Center at 10:00 to meet with anyone needing

## Storytelling Class—3rd Annual

The Center is hosting a five-session Storytelling class on Monday and Fridays. The class will be held **Monday, February 9, Friday, February 13, 20, 27 and Friday, March 6 at 12:30 -2:00**. The program is sponsored by the Murray Cultural Arts. This is a free class, sign up now. Carol Esterreicher will be leading the 5 classes. Carol is a nationally recognized and award-winning Storyteller and Educational Specialist. She has been teaching storytelling techniques and telling stories for over 30 years. You can expect to learn an easily applied model that defines the people, places, problems, and process that applies to a myriad of story types. In addition to recognized story themes such as folk tales and urban legends, the well-told personal remembrances of your life are “stories” too. Learn to connect with your audience and invite them to share in the joys, lessons, and journeys you can take them on when you share the stories you love to tell. This year the Storytelling Festival will be held in May.

## Fire Safety-Emergency Preparedness

On **Tuesday, February 3 at 10:30**, the Murray Fire Department will be at the Center to present a Fire Safety and Emergency Preparedness class. The class will review fire safety and emergency preparedness. Some of the discussion will include: fire safety tips for the home, home fire extinguishers, maintaining smoke detectors, exit drills, utility locations and how to shut them off, and medical information paramedics may need to know about you. There will also be time for Q&A. This is a free class, sign up now.

## Valentine Candy Making

On **Monday, Feb. 9 from 12:30-2:30**, Calli will be teaching a candy making class. Join her in the kitchen to help prepare and package 5 different St. Valentine candies. These candies make excellent gifts or a special treat for your Valentine. The cost is **\$10** and you will take home 5 bags of candy along with recipes and tips. Class size is limited to 10. Sign up now.

## Farewell to Falls

The Center is pleased to announce that Intermountain Medical Center will be offering a class called Farewell To Falls on **Wed, Feb 25 at 12:30-2:30**. This is a must-have class for anyone that is interested in preventing falls, identifying home hazards that may contribute to falls and taking measures to prevent potential problems. One in three seniors aged 65+ fall each year, and this number increases to one in two by the age of 80. Falls are the number one cause of injury-related death. Topics that will be discussed will include why we experience falls and how to prevent falls. A pharmacist will speak about the side effects of medications and how they can cause falls. An Occupational Therapist will speak on the importance of exercise and different exercises that can strengthen muscles and prevent falls. A geriatric physician will cover the types of injuries seen in the emergency departments, statistics on elderly falls and more. There will be representatives from home health and social work offering resources as well. A snack will be provided and gifts will also be handed out. This is a free class, sign up now.

## Volunteer of the Month—Barbara Connell

Congratulations and thank you to Barbara Connell our volunteer of the month. Barbara was born on New Year's day and is magical in every way. She was born in the small town of Jefferson located in the White Mountains of New Hampshire (Jefferson, named after Thomas Jefferson, granted in the late 1700s, population 752). She was the 9<sup>th</sup> of 10 children. Most of her 5 brothers and 4 sisters were married and away from the home as far back as she can remember; she does recall her older sisters teaching her to read before going to school. This skill has served Barbara well in life; she is always reading patterns and instructions to create the most unusual handmade items. Her dad was born on Prince Edward Island in Canada, and her mom was born in New Hampshire. Barbara grew up on a 300-acre dairy farm in the beautiful White Mountains valley. It was a great way to experience life as a young girl. Her mother was a terrific homemaker, who had developed many creative skills that she passed along to her children. Barbara remembers her mother etching aluminum trays, bowls and bracelets. She taught Barbara to create items from yarn, thread, and many found objects that had lay hidden around the farm. Barbara remembers fondly crafting with her mother and she still utilizes many of her treasured tools. Barbara graduated from college with a BATH (Bachelor of Arts in Theology) with a minor in elementary education. After teaching kindergarten in her hometown, she married and has one son and two daughters. She has had many professions as well as a teacher; such as Avon Lady, religious education director, receptionist, realtor, Mom and Nana. After marrying Robert, who lived "out west," they moved to Utah. She has made many wonderful friends, including many here at the Center.



Barbara is always very willing to share her talents at the Center as a volunteer. She has taught many art classes including: Tuesday craft group, folding paper wreaths, making handbags, and most recently stitching cards. She has also completed the finish binding work on several of the Center's handmade quilts. Barbara is always a pleasure to work with, she is passionate about her crafts, and she always does an exceptional job when teaching. The Center is lucky to have her on our volunteer team. We will honor Barbara as the volunteer of the month on **Tuesday, February 24 at 11:30.**



## Volunteers Needed—can you help one day a week for 2 hours?

The Heritage Center utilizes the help of over 80 volunteers on a regular basis. Thank you volunteers! Volunteers work in just about every facet of Center operations from answering phones to calling bingo to teaching classes. We love our volunteers! If you would like to join our volunteer force, see any staff member to set up an appointment for a short volunteer interview. During the interview, we can find out what your interests are and let you know where we are looking for volunteers. We will try to match you up based on interests, skills and needs. We are currently looking for volunteers in some of the following areas:

**Kitchen**—run automatic dishwashers on Thursdays from 12:00-2:00 p.m. See Calli.

**Choral Group**—Would you like to organize a singing group at the Center. A choral group just for the fun of it! Pianist and leader needed to get things started.

**Bingo Caller**—call bingo on Wednesday or Friday from 12:45-2:00. See Wayne.

**Mini Bus Driver**—the new 14 passenger vehicle has been ordered but it will take 3 months to build so we won't need drivers until the spring. Drivers are needed for regular pick up to and from the Center as well as weekly trips. NO CDL required but training and a few other criteria will be needed. See Susan.

**First Lego League** — Saturday, January 10. See Wayne. **Lunch collection** — help collect lunch money. See April

## Massage Therapy

Massage Therapy continues on **Fridays** from **11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be



made 24 hours in advance for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you.

## Barber Shop is Open



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$8**. Only haircuts and trims are being offered at this time. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

## Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, February 12 from 1:00 – 3:30** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*

## Medicare Counseling Available

At 12:00 noon on **Tuesday, January 20 at 12:00** and **Tuesday, February 17** Vickie Nelson will be available at the Center for Medicare Counseling. As a SHIP counselor, her job is to help clear up the confusion about where to apply for Medicare, help you understand your Medicare choices, and help you understand what to do if you have other insurance. If you are new to Medicare, she can help you through the initial enrollment process. This is a free class. Sign up now. In addition, there are programs available, if you meet financial criteria, to help with the cost of your prescription drugs. Vickie or your local SHIP office can help you apply for these programs. If you need immediate assistance, your local Medicare counselors are a phone call away at 385-468-3200.

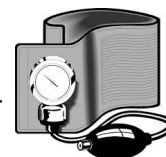
## Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Tuesday, January 13** or **Tuesday, February 10** from **11:00-1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

## Blood Pressure

Blood pressure and glucose screening is offered on the following days: **Thursday, January 8 & Friday, January 16, Thursday, February 5 & Friday, February 20**. All screenings are from 11:00-12:00.

Thank you to Harmony Home Health and Salt Lake Community College nursing students for



## AARP Free Tax Assistance Starts February 4

Volunteers from AARP will be providing free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. This free and confidential service will be available each **Wednesday** starting **February 4** through **April 8** from **12:30 to 4:00**. Appointments are required but cannot be made any earlier than 1 week in advance of the day you would like to attend.

# January

2015

## Heritage Center Events

Heritage  
Center

#10 E. 6150 S.

(West of State)

801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)


We are here to  
serve you

Monday-Friday


8:00-4:30 and

Thursday until

10:00 PM

Monday	Tuesday
9:00 NIA 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie/Sydney White-Romance 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Freezer Meal 12:30 Ladies Pool 1:00 Movie/To Kill A Mockingbird-Drama 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta / Attorney 11:30-12:30 Lunch 12:30 Bereavement Group 12:45 Crafts 1:00 Computer Help / Snowman Craft 2:00 Beginning Line Dancing
<b>Center Closed</b> 	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Exercise Help 12:45 Crafts 1:00 Basic I 2:00 Beginning Line Dancing
9:00 NIA 9:30 Hardware Ranch 9:30 AARP Smart Driving class 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie/Taxi-Crime/Comedy 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 1:00 Basic I 2:00 Beginning Line Dancing



Wednesday	Thursday	Friday
	<div>Center Closed</div> <div></div>	
	1	2
		9:00 Zumba 10:00 Yoga 11:15 Chair A’Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A’Robics 11:30-12:30 Lunch/ Birthday 12:45 Bingo 1:00 Bridge	7	8
	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Game Day 1:00 Computer Help/Square Dancing 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance /Poetry/ Ute RC	9
		9:00 Zumba 10:00 Yoga 11:15 Chair A’Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A’Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	14	15
	8:30 Ceramics 8:30 Wendover 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 1:00 Computer / Square Dancing 2:00 Strength Conditioning 3:00 Watercolors Made E-Z 7:00 Dance / Poetry	16
		9:00 Zumba 10:00 Yoga 10:00 Spanish 11:00 Blood Pressure/Glucose 11:15 Chair A’Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Tooele Breakfast 9:15 Pinochle 10:00 Yoga 10:30 Fitness & Nutrition Class 11:15 Chair A’Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	21	22
	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Game Day / 12:45 Happy Hats 1:00 Basic I / Square Dancing 2:00 Strength Conditioning 3:00 Watercolor Made E-Z 7:00 Dance / Poetry	23
		9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A’Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A’Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	28	29
	8:30 Ceramics 9:00 Stretch & Tone/Pickleball 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Exercise Help 12:30 Game Day 1:00 Basic I / Square Dancing 2:00 Strength Conditioning 3:00 Watercolor Made E-Z 7:00 Dance / Poetry	30
		9:00 Zumba 10:00 Yoga 10:00 Spanish 11:15 Chair A’Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge

## Billiard Room



Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

## Cards

### Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



### Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in, or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

### Canasta—Tuesday 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

## Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games, like dominos, Mexican Train and Rummikub and teach you how to play.

## Birthday Wednesday — January 7 & February 4



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

## Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special Thank You to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month.

In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

## Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and Tuesday **afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

## Pickleball

**Pickleball** is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Learn how to play Pickleball at the Center every **Thursday from 9:00-11:00** in the dining room.

Drop in play is every **Tuesday & Thursday from 8 am -12 pm and Fridays, 6 pm - 9 pm at the Park Center in Murray Park**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. Leagues forming in January, call 801-264-2614 for information.

## Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand & Foot. Upcoming meetings: **January 15 & February 5 & 19**.

## Special Valentine's Bingo



Come celebrate Valentine's with a special Bingo on **Friday, February 13**. Prizes sponsored by Jenkins-Soffe Mortuary. Bingo begins at 12:45.

## Mardi Gras Celebration-February 17



Join us as we transform the Heritage Center into downtown New Orleans and celebrate Mardi Gras, French for "Fat Tuesday", the final day of the Carnival season, on **Tuesday, February 17**.

Come join in the celebration at **11:00** by dining on Muffaietta Sandwich (pressed cured pork and Cheese sandwich with olive dressing), Cajun Pates aux Crevettes et au Poulet (Cajun pasta with shrimp and Andouille sausage), Maque Choux (Braised corn, celery, tomatoes, onion and bell pepper), Ecrevisses Pain de Mais (Crawfish cornbread) and King Cake while listening to the jazzy sounds of the **Celebration Band**. Masks will be available to purchase before the celebration or bring your own. We'll toss the beads and a few lucky participants who find the "baby" in their kind cake will win a prize!

The cost for this fun event will be **\$7** for reserved seats. Purchase one seat or an entire table. Registration will be available beginning **January 9** when you can choose where you would like to sit.

## Saturday Morning Hackers

Jim & Denise Hickok, two of our Heritage golfers, are assembling a Saturday morning 18-hole golf league at Mountain View Golf Course. If you are interested, contact them at [doverspike2@msn.com](mailto:doverspike2@msn.com)

## Dietician Tip

To roast garlic, cut off the tops of several heads of garlic exposing the cloves. Spray the garlic generously with cooking spray. Wrap in aluminum foil also sprayed with cooking spray. Heat the oven to 350° and roast about 30 minutes. Then try the White Bean Dip recipe also on this page. Yum!

## 5 Steps to manage Diabetes

You have to monitor your blood sugar, eat the right foods, exercise, take your medication, and visit your medical provider regularly. It can feel overwhelming. Start by taking these 5 simple steps to improve your health.

1. Know your ABCs. Make sure you know and track your A1C, blood pressure, and cholesterol. Are your numbers on target or do they need improvement? Discuss your numbers with your health care provider.
2. Seek advice. Ask your health care provider how often you should check your blood sugar. Work together to set individual goals for blood sugar numbers at different times of the day.
3. Think before you eat. Are you eating the foods you enjoy that are also good for managing diabetes? Do you enjoy whole grains, vegetables, or fruits? Think about simple, delicious ways to eat healthy.
4. Get active. Use any kind of physical activity for fun, fitness, and stress management. Walk, swim, bike, or dance. Don't be afraid to sweat!
5. Laugh and relax. Find your funny bone; seek out humor. And seek ways to quiet your mind. Take relaxing, deep breaths — not just before you go to sleep, but several times during the day.

Want more? Join other people with diabetes who are facing the same challenges as you and discover new ways to stay healthy—together. Sign up for an online workshop called Better Choices, Better Health—Diabetes through Stanford University and the National Council on Aging. Sign up at: [diabetes.selfmanage.org](http://diabetes.selfmanage.org)

## White Bean Dip

1 can (15 oz) white (cannellini) beans, rinsed and drained. 8 garlic cloves, roasted, 2 T olive oil, 2 T lemon juice. In a blender or food processor, add the beans, roasted garlic, olive oil and lemon juice. Blend until smooth. Serve on top of thin slices of toasted French bread or pita triangles. This is also excellent placed on top of red (sweet) bell peppers cut into squares.

## Ladies Pool



On **Mondays at 12:30** a small group of women meet in the pool room to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

## Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

## Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons as 12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

## Newsletters



Newsletters are available at the front desk (75¢ donation), online at [www.murray.utah.gov](http://www.murray.utah.gov), emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$18 can be purchased and the newsletter will be mailed to your home.

## Square Dancing



Kick up your heels with Square Dance caller Don Carlton on **Thursday afternoons from 1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive. Beginners are welcome.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, IF, you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to **[smithsfoodanddrug.com](http://smithsfoodanddrug.com)** and register your card with the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

## Monday Movies — Showtime is 1:00 Staff Favorites for January/February Movie and popcorn are free



January-5-Sydney White-2007-108 minutes-Romance/Comedy  
January-12-To Kill A Mockingbird-1962-129 minutes/Drama  
January-26-Taxi-2004-97 minutes-Crime/Comedy  
February-2-Last of the Dogmen-1995-118 minutes-Adventure/Western  
February-9-Mamma Mia!-2008-108 minutes-Musical/Romance/Comedy  
February- 23-A Knight's Tale-2001-132 minutes-Action/Adventure



## Volunteer Ambassadors Needed

Are you willing to volunteer for six months? The Center is looking for Heritage Ambassadors to go out into the community and tell businesses about the Center. The next meeting is set for **Wednesday, January 7 at 12:30**. See Susan for more information. The group will set up the six month plan & choose businesses to visit in January.



## Exercise every day...

### NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

### STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

### STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

### TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

**LINE DANCING**—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

**CHAIR AEROBICS**—Free

Wednesday & Friday 11:15-11:45

### YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

### ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

### **EXERCISE ROOM**

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

**Total Fitness Pass**—\$30 per month—unlimited classes & use of the exercise room.

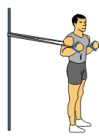
**The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.**

## U of U Exercise & Sports Volunteer Students

A new group of U of U Exercise & Sports Students will start back **January 20** every **Tuesday & Thursday at 12:30 –2:00**. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The students also of-

fer one-on-one-help, sign up for that service in the exercise room.

Recently the Center added an additional exercise to the exercise room



with a wall mount for resistance band exercises. The Center would like to invite everyone to take advantage of this new equipment. The U of U students will be available on Tuesday and Thursday to demonstrate how

to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

## Total Fitness Pass

**Total Fitness Pass**—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is FREE if your insurance offers the Silver Sneaker Fitness program? Give your Silver Sneaker card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to Select Health for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. So the Heritage Fitness pass would only cost \$10 per month after reimbursement. That's \$10 for any exercise class & the fitness room!

## Service Project Thank You

The Center would like to take this opportunity to say thank you to all the people who made hats and donated yarn for this year's Hats for the Homeless project. Over 500 hats were made this year. This is a great service project that the Center has been involved in for several years. Thank You! Yarn is always needed so bring your extra yarn to the front desk. Bob Millard made regular visits to the Road Home overflow shelter in Midvale with your donations of winter coats, blankets, and clothing. The Center also partnered with a High School group filling backpacks for homeless students. We thank you all for the supplies that filled 50 backpacks with socks, gloves, and scarfs. Thanks for all of your support with the many service projects offered at the Center during 2014.

## Thank you Jenny Martin

Jenny Martin made and donated over 125 crochet necklaces. The result—the Center has raised close to \$1,000. Thank you, Jenny! A few necklaces are left if you'd like to purchase one; they are available until gone at the desk.

## Christmas Tree Drop Off



Murray City will provide two Christmas tree drop off locations in the city. Residents can bring their used trees to the Murray Park Amphitheater parking lot (495 East 5300 South) and Grant Park at the west parking lot off of Creek Drive from December 26 through January 31.

## Carbon Monoxide Poisoning

Carbon monoxide poison kills more than 400 people nationwide each year, with those 65 or older among the highest fatalities. As winter approaches the risk of CO poisoning increases and Utah residences need to know the symptoms of CO poisoning and take precautions to prevent it.

CO is an odorless, invisible gas produced when gasoline, natural gas, propane and other fuels are not completely burned during use due to improper adjustment or use in poorly ventilated areas. Dangerous amounts of CO can build up in the blood and potentially cause asphyxiation. Common symptoms can include: persistent headaches and dizziness; nausea, vomiting and fatigue; or the disappearance of symptoms when individuals leave the structure.

Tips for preventing CO poisoning include: have your heating system checked; install CO monitors on each level of your home and keep batteries fresh; do not use a gasoline or charcoal burning device inside your home, garage or near a window; do not run a car or truck inside a garage attached to your house; do not ignite a fireplace that is not vented and do not heat your home with a gas oven.

## Winter Boutique a Success

The 2014 Winter Boutique was a great success! The Center would like to thank all of our vendors, the kitchen for creating such a beautiful Prime Rib buffet, our entertainment –*Sisters, Mixed Nuts* – and all of our volunteers. It takes many volunteers to produce such a successful day. The Center thanks everyone for donating their time, goods, and great spirits. Thank you volunteers: Susan Rounds, Vickie Mower, Elizabeth Squires & Res Care Home Care, Judy Baxendale, Rod Young, Richard Espinoza, Adam Schweitzer, Felecia Graves, Char Collopy, Jenny Martin, Marie Smith, Donna Page and Larry Limberg. We also want to thank everyone who donated and purchased items on the Heritage table. The Center made \$1422. If you would like to become a volunteer in 2015 there are many opportunities. It's a great way to get to know more people, be more involved in the Center, and a perfect way to spend your time with us.



Quilt tickets are still available to purchase for the drawing that will be held at the Mardi Gras party on February 17. Quilt tickets are \$1 each or 6 for \$5. Good luck, it only takes one to win!

## Center Trips



## ...Travel with friends

### Thursday, Jan. 15-8:30 Wendover

Travel to Wendover on **Thursday, January 15**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up for this trip now.

### Wednesday Jan. 21 - 9:00 Tooele Breakfast

Once again our Center bus will be headed to the Tooele Senior Center for the "2nd Best Breakfast in Utah." The bus will depart the Center at **9:00 on Wednesday, Jan. 21** and return about noon. Cost is **\$5** for transportation and the breakfast. Sign ups begin now for this always delicious trip.

### Monday, Jan 26—9:30 Hardware Ranch

Enjoy lunch and a sleigh ride among the elk that winter at the Hardware Ranch. The Center bus will depart at **9:30 on Monday, January 26** and return about **4:00**. Cost for the day is **\$15** which includes transportation, sleigh ride, and lunch. Sign up starting January 7. Seats are limited to 20 passengers for this popular activity.

### Tuesday, Feb. 3 - 10:00 Clark Planetarium—Lemurs

Academy Award winner **Morgan Freeman** narrates the IMAX 3D documentary **Island of Lemurs: Madagascar**, the incredible true story of nature's greatest explorers—lemurs. The film takes audiences on a spectacular journey to the remote and wondrous world of Madagascar where we join trail-blazing scientist Dr. Patricia Wright on her lifelong mission to help these strange and adorable creatures survive in the modern world.

The bus will depart the Center at **10:00 on Tuesday, February 3** and will travel to the Clark Planetarium for a 11:00 showing. Cost of the trip is **\$12** and sign-ups begin January 14.

**Remember!**

You can only sign up yourself and one other guest for any of the Heritage Center trips (including Wendover). Trips are limited to participants 55+ unless the trip is not full one week before departure. If the trip is not full, adult children may be invited to accompany you on the trip.

**Please arrive at least 15 minutes before departure time.**

### Thursday, Feb. 12 -9:00 Kingsbury Hall

The **Langston Hughes Project** is a scholarly, humorous, multi-media performance of Langston Hughes' epic poem *Ask Your Mama: 12 Moods for Jazz* and features music by the Ron McCurdy Quartet. This powerful music and spoken word performance evokes a pivotal moment in our cultural history.

The bus departs the Center for Kingsbury Hall on **Thursday, February 12 at 9:00** for the 10:00 performance. Cost is **\$5** and sign-ups begin January 21.

### Thursday, Feb.26 - 10:00 Serving Time Café/Bingo

Join us for lunch at the appropriately named **Serving Time /Hard Times Café** in Draper overlooking the Utah State Prison. At this popular destination for Senior Center trips, you never know who you will be eating lunch with! Choose from a fun list of prison-related menu items. Lunch will be on your own then the owner will conduct Bingo until he is "too hoarse to talk."

The bus will depart the Center at **10:00 on Thursday, February 26** and will travel to the Serving Time Café. Cost of the trip is **\$5** and sign-ups begin February 13.

## Thursday Evening: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

### Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In November and December our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, John Aitken, Dennis Gemmell, and Tony Summerhays.

### Poetry Time—Evening Class

Read about the poetry class on Thursday evenings on page 3. Join us starting January 8 at 7:00 PM.

### Evening Class Ideas

Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen.

### Volunteer Drivers needed



The Center received money from Murray City to purchase a new bus. The new 14 passenger mini bus has been ordered and will not require a driver to have a CDL license. The bus is currently being built and won't arrive until spring. We are looking to start a volunteer driver pool to offer transportation to Murray residents as well as continue our monthly day trips. A defensive driving class, bus orientation, and medical physical will be required. If you are interested in joining this elite group of volunteers, see Susan.

### Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **January 8 and February 12 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

### Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, Jan. 8 and Feb. 12** and be ready to Jam!



### Need space to Craft?

The activities room is available on Thursday evening to spread out and work on scrapbooking, painting, and other craft projects where you need more room than the kitchen table. Join other crafters on Thursday evening at 6:00 PM and work on your project. The Cricut machine will be available to use every Thursday evening in January, just bring your own paper. If there is interest we will continue to reserve the room in February. There is no cost to come, just be willing to share ideas and clean up the mess. See you on Thursday evenings.



# January 2015

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option. Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  <b>CLOSED</b>	<b>2</b>  <b>CRANBERRY STUFFED CHICKEN</b> Wild Rice, Veggies, Cinnamon Spice Rice Krispy Treats
<b>5</b>  <b>NO LUNCH</b>	<b>6</b>  <b>LASAGNA</b> Caesar Salad, Breadstick, Tira- misu	<b>7</b>  <b>CHICKEN FRIED STEAK</b> Mashed Potatoes and Gravy, Veggies, Birthday Cake and Ice Cream	<b>8</b>  <b>POSOLE SOUP</b> Tortilla Chips, Salad, Texas Sheet Cake	<b>9</b>  <b>HONEY WALNUT SHRIMP</b> LoMein with Veggies, Cranberry Cookie
<b>12</b>  <b>NO LUNCH</b>	<b>13</b>  <b>RED LENTIL AND COCONUT SOUP</b> Roasted Broccoli, Vanilla Bean Cupcake	<b>14</b>  <b>ROASTED RED PEPPER ALFREDO</b> Green Salad, Spumoni Cake	<b>15</b>  <b>GYRO SANDWICH</b> Oven Fries, Greek Salad, Baklava Cake	<b>16</b>  <b>BBQ PORK CHOPS</b> Ranch Potatoes, Veggies, Peach Cobbler
<b>19</b>  <b>CLOSED</b>	<b>20</b>  <b>CHORIZO &amp; SHRIMP BURGER</b> Bacon Chive Potato Salad, Fruit, Oreo Fluff	<b>21</b>  <b>TUSCAN SOUP</b> Green Salad, Breadstick, Malted Chocolate Chip Cookie	<b>22</b>  <b>CAPRESE CHICKEN</b> Roasted Potatoes, Veggies, Coconut Rum Cake	<b>23</b>  <b>SHREDDED BEEF ENCHILADAS</b> Roasted Corn, Flan
<b>26</b>  <b>NO LUNCH</b>	<b>27</b>  <b>LEMON CHICKEN</b> Cheesy Rice, Veggies, Turtle Brownie	<b>28</b>  <b>CARNITAS SALAD</b> Fresh Fruit, Sundaes	<b>29</b>  <b>CHICKEN &amp; WILD RICE SOUP</b> ½ Sandwich, Fruit, Chocolate Cobbler	<b>30</b>  <b>CUBAN MOJO CHICKEN</b> Brown Butter Mashed Potatoes, Veggies, Oreo Peppermint Cookie

# February 2015

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option. Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>NO LUNCH</b>	3 <b>PORK &amp; PEANUT NOODLES</b> Veggies, Banana Nut Blondies	4 <b>PASTA BOLOGNESE</b> Green Salad, Breadstick, Birthday Cake and Ice Cream	5 <b>THREE BEAN CHILI</b> BLT Salad, Cornbread, Napoleon	6 <b>FIESTA LIME CHICKEN</b> Cilantro Rice, Veggies, Pistachio Layer Bars
9 <b>NO LUNCH</b>	10 <b>CLAM CHOWDER</b> Green Salad, Biscuits, Apple Spice Cake	11 <b>THAI ENCHILADAS</b> Asian Slaw, Fruit, Chai Spiced Sugar Cookies	12 <b>POT ROAST</b> Mashed Potatoes and Gravy, Veggies, Banana Split Pie	13 <b>LEMON DILL SALMON</b> Baked Potato, Brussels Sprouts, Chocolate Strawberries
16 <b>CLOSED</b>	17 <b>* MARDI GRAS CELEBRATION \$7</b>  Menu in article on page 11	18 <b>PORK FLORENTINE</b> Garlic & Mushroom Dressing, Veggies, Carrot Cake	19 <b>BALSAMIC CHICKEN ALFREDO</b> Pasta, Broccoli, Peanut Butter Cereal Bars	20 <b>MINESTRONE SOUP</b> ½ Sandwich, Salad, Chocolate Chip Banana Cake
23 <b>NO LUNCH</b>	24 <b>TUNA CAKES</b> Roasted Potatoes, Veggies, Sticky Toffee Pudding	25 <b>PASTA CARBONARA</b> Green Salad, Breadstick, Raspberry Pretzel Salad	26 <b>BUTTERNUT SQUASH SOUP</b> Roasted Veggies, Popovers, Pie	27 <b>MARGARITA FAJITAS</b> Rice & Beans, Samoa Sugar Cookies

DON'T FORGET TO PURCHASE MARDI GRAS TICKETS!

TUESDAY, FEBRUARY 17 AT 11:00 AM—\$7

ENJOY THE MUSIC & FOOD OF NEW ORLEANS

ADVANCE RESERVATIONS NEEDED—PURCHASE ONE SEAT OR 8

